

Report on Basic Demographic Information and Results of Twelve Month  
Follow-up Procedure For Adolescents Completing Community-Based  
Treatment Programs

Presented to: Division of Alcohol and Drug Abuse  
State of South Dakota

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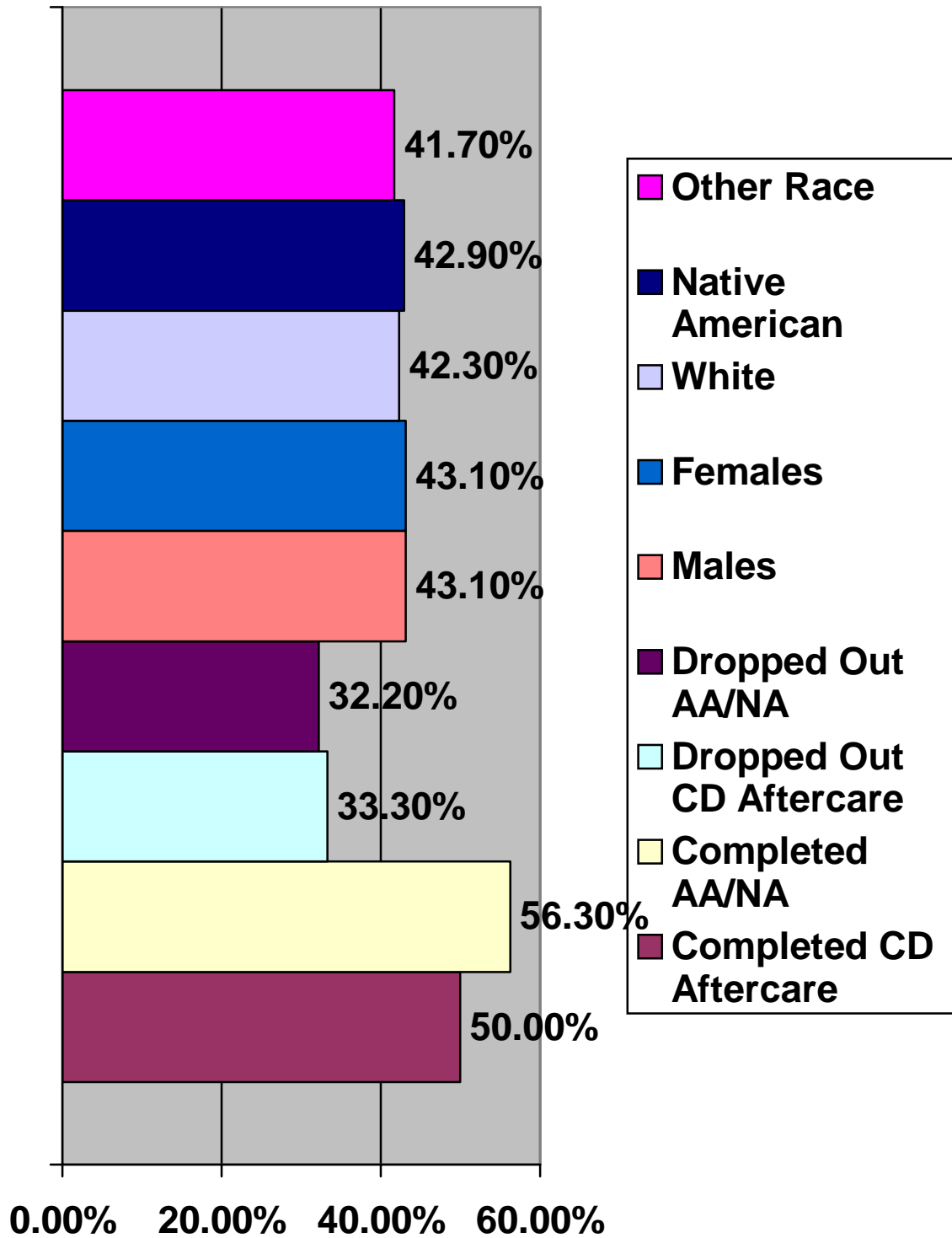
## EXECUTIVE SUMMARY - Community-Based Youth Programs

A summary of the basic findings is presented in this section.

- ◆ The abstinence rate at one year post-treatment for the adolescents in the 12-month follow-up survey was 43.1 percent. In addition to having good abstinence rates, the clients completing treatment programs had significant improvements in many other areas of their lives, as presented below.
- ◆ Clients who were abstinent during follow-up, were hospitalized about **2.1 times less** than those who were using substances.
- ◆ Those who were using substances had **2.2 times more** office visits for illnesses when compared to those who were abstinent.
- ◆ There were substantial decreases (32.3% to 87.1%) in discipline problems at school in each of the six areas (sent to principal, suspensions, etc.) measured between pre- and post-test measures.
- ◆ After treatment, clients were 2.0 times less likely to be absent from or late to work and 1.7 times less likely to have poor job performance due to alcohol or drug use.
- ◆ Clients who completed treatment had significantly fewer arrests (3.6 times fewer misdemeanor arrests and 2.0 times fewer felony arrests) after treatment than they did before treatment.
- ◆ Alcohol and marijuana were the most frequently used substances before and after treatment. Tobacco use (post treatment) was reported by about 70 percent of the clients.
- ◆ Only about one-half of the persons in this follow-up group attended any CD Aftercare programs, including AA/NA.
- ◆ Clients who rated the treatment programs highly were much more likely to be substance free.

- ◆ Clients who had high levels of medical care were more likely to use substances during the follow-up period than were those with low levels of medical care.
- ◆ Clients jailed overnight and assigned to adult court were more likely to use alcohol and drugs during the follow-up period.
- ◆ Clients who had been expelled from school in the year prior to entering treatment were more likely to use substances during the follow-up period than were those not expelled from school.
- ◆ Those who had higher self-images were less likely to use alcohol or drugs than were those with lower self-images.
- ◆ Client who had informal hearings were more likely to use substances during follow-up than were those without informal hearings.
- ◆ Clients placed in detention facilities were more likely to use substances than were those not placed in detention during the follow-up period.
- ◆ Clients involved in vehicle accidents were more likely to use substances than were those not involved in vehicle accidents.
- ◆ Clients with misdemeanor arrests were more likely to use substances than were those not arrested.
- ◆ Clients transferred to adult courts were at high risk for using substances during the follow-up period.

## Abstinence Rates: Various Groups



## MPR ADOLESCENT INTAKE FORM

Information from the Intake Form was available on 336 adolescents who completed community-based treatment programs funded by the Division of Alcohol and Drug Abuse between April 1998 and November 2004.

There were slightly more males (54.2%) than females (45.8%). The average age of the individuals was about 16 years.

Gender	Number	Percent
Males	182	54.2%
Females	154	45.8%

## RACE/ETHNIC

Whites (60.8%) and Native Americans (27.8%) were the most prevalent ethnic groups completing the treatment programs for adolescents.

	White	Hispanic	Black	Native American	Biracial	Other
Ethnic Origin	60.8%	2.1%	1.8%	27.8%	6.6%	0.9%

## REFERRAL SOURCES AT INTAKE

The most common referral sources at intake were: court system/corrections (78.1%), parents/family (43.4%), and county social services (12.0%). Because there could be multiple referral sources for each person the sum of the percents is more than 100.

Referral Sources	Percent Indicating Yes
Parents/Family	43.4%
School	10.4%
County Social Service	12.0%
Referral Services	1.9%
Court System/Corrections	78.1%
Group/Foster Home	7.4%
Mental Health Worker	6.5%
Residential Center	5.2%
Other CD Treatment Center	11.7%
Detox	1.3%
Friend	6.8%
EAP	0.6%
HMO	0.6%
Physician	5.5%
Other	4.9%

## FAMILY/SCHOOL SITUATION

Very few of the clients were adopted (3.0%) or were twins (3.7%).

	Yes	No
Is client adopted?	3.0%	97.0%

	Yes	No
Is client a twin?	3.7%	96.3%

Nearly all of the clients were in a traditional school, or were working on a GED, or had graduated.

	Currently in School	Suspended	Expelled	Quit School	Working toward GED	Graduated from High School
Current School Status	73.1%	1.8%	1.5%	5.4%	13.9%	4.2%

## HEALTH PAYMENT RESOURCES

Since there could be multiple payment sources for each person the sum of the percents equal more than 100. The most common payment sources were: Medicaid/Medicare (45.7%) and parents/self pay (37.7%).

	Yes	No
Medicaid/Medicare	45.7%	54.3%
Blue Cross/Blue Shield	7.8%	92.2%
Insurance Company	12.6%	87.4%
HMO	1.6%	98.4%
Parents or self pay	37.7%	62.3%
Other	17.4%	82.6%

## RECENT SUBSTANCE USE AT ENTRY INTO PROGRAMS

Alcohol and marijuana were the most frequently used substances before entrance into the treatment programs.

### RECENT SUBSTANCE USE

	<b>Within 24 hours</b>	<b>2-7 days ago</b>	<b>8-14 days ago</b>	<b>Over 2 weeks ago</b>	<b>Never used</b>	<b>Undetermined</b>
Alcohol	0.6%	7.5%	6.3%	78.8%	0.9%	5.9%
Marijuana	1.6%	7.5%	3.4%	74.1%	8.7%	4.7%
Sedatives/ Barbiturates	0.6%	0.0%	0.3%	8.7%	86.9%	3.5%
Stimulants/ Amphetamines	0.6%	0.6%	0.6%	21.7%	72.8%	3.5%
Tranquilizers	0.3%	0.0%	0.3%	4.8%	91.7%	2.9%
Hallucinogens	0.3%	0.6%	0.3%	19.5%	76.7%	2.6%
Synthetic Painkillers	0.6%	0.6%	1.6%	7.4%	87.5%	2.2%
Opiates	0.3%	0.0%	0.6%	11.2%	86.2%	1.2%
Cocaine	0.3%	0.0%	1.0%	17.6%	77.6%	3.5%
Inhalants	0.3%	0.3%	1.0%	17.9%	77.0%	3.5%
Over-the- counter drugs	3.2%	0.6%	2.2%	19.6%	68.6%	5.8%

## FAMILY INCOME

Of those responding to the question on family income, most indicated that the family income was between \$10,000 and \$30,000.

	<b>Less than \$10,000</b>	<b>\$10,001 to \$20,000</b>	<b>\$20,001 to \$30,000</b>	<b>\$30,001 to \$40,000</b>	<b>Over \$50,000</b>	<b>Undetermined</b>
Income	16.4%	23.7%	16.4%	8.2%	3.2%	32.2%

## DEMOGRAPHIC INFORMATION FROM ADOLESCENT HISTORY FORM

Information from the History form was available for 337 adolescents who were in community-based treatment programs funded by the Division of Alcohol and Drug Abuse.

## SUBSTANCE USE FREQUENCY FROM HISTORY FORM

Alcohol, marijuana, and tobacco were the most commonly used substances of those for whom information was available. A vast majority (92.9%) had used alcohol, 78.2 percent had tried marijuana with 20.6 percent using it daily, and 77.5 percent reported at least some tobacco use.

Substance	None	Rarely < 1 Month	1-3 Times Month	1-5 Days Week	6-7 Days Week
Alcohol	7.1%	27.4%	36.6%	21.8%	7.1%
Marijuana	21.8%	21.2%	13.2%	23.3%	20.6%
Barbiturates	89.6%	4.6%	2.5%	0.9%	2.5%
Stimulants	79.4%	9.8%	5.5%	3.4%	1.8%
Tranquillizers	97.5%	1.8%	0.6%	0.0%	0.0%
Hallucinogens	81.0%	13.5%	4.6%	0.9%	0.0%
Painkillers	89.5%	6.5%	2.8%	0.9%	0.3%
Opiates	91.0%	5.9%	2.2%	0.9%	0.0%
Cocaine	83.1%	11.1%	3.7%	1.5%	0.6%
Inhalants/Glue	85.2%	9.6%	1.9%	1.9%	1.5%
Over Counter	83.7%	7.4%	3.4%	3.1%	2.5%
Tobacco	22.5%	4.0%	3.4%	11.1%	59.1%



## AGE OF ONSET OF SUBSTANCE USE

The average age of persons starting any substance use was about 12.7 years.

Question On Age	Average Age
How old were you when you started drinking alcohol?	13.1
How old were you when you started using marijuana?	13.1
How old were you when you started using any other drug?	11.5
How old were you when you started smoking cigarettes?	13.0

## SUBSTANCE USE/SOCIAL USE PATTERNS

More than two-thirds (67.8%) of the clients reported that half or more of their friends used alcohol or other drugs.

How Many of Your Friends Use Alcohol or Other Drugs?	Number of Cases	Percents
None	13	4.1%
Less Than One-Half	90	28.1%
About One-Half	75	23.4%
Over One-Half	61	19.1%
Nearly All	81	25.3%

Nearly all (91.0%) of those completing the questionnaire indicated that they used alcohol or drugs with their friends. Some (53.5%) drank alcohol or used drugs with 'Others', about two-fifths used substances with their siblings, and 13.4% used drugs or drank with their parents.

<b>How Often Do You Use Alcohol or Drugs During Activities?</b>	<b>Never</b>	<b>Sometimes</b>	<b>Usually</b>	<b>Always</b>
At School	70.3%	22.2%	5.9%	1.6%
With Parents	86.6%	10.6%	2.5%	0.3%
With Siblings	59.4%	29.7%	7.8%	3.1%
With Friends	9.0%	25.9%	34.6%	30.5%
With Others	46.5%	29.1%	13.6%	10.8%

## **SUBSTANCE USE CONFRONTATIONS**

Those most likely to 'often' confront juveniles about alcohol or drug use were parents, social workers/probation officers, siblings, and other relatives.

<b>How Often Have You Been Confronted About Your Use of Alcohol or Drugs By the Following?</b>	<b>Never</b>	<b>Sometimes</b>	<b>Often</b>
Parent	21.5%	43.9%	34.6%
Siblings	51.9%	36.6%	11.6%
Other Relatives	52.3%	34.0%	13.7%
School Personnel	75.9%	17.9%	6.3%
Friends	57.1%	32.9%	10.0%
Social Worker/ Probation Officer	47.2%	30.8%	22.0%

## EMOTIONAL/PSYCHOLOGICAL DIFFICULTIES – PAST YEAR

The major emotional problems in the past year were: depression (47.2%), sleep problems (44.5%), restlessness (41.0%), lack of energy (33.9%), tension (33.4%), and nervousness (31.8%).

<b>In the Past Year Have You Been Frequently Troubled By the Following:</b>	<b>Number of Cases</b>	<b>Percent Yes</b>
Nervousness	324	31.8%
Tension	326	33.4%
Restlessness or Irritability	327	41.0%
Depression	324	47.2%
Suicidal Thoughts	325	19.7%
Sleep Problems	326	44.5%
Lack of Energy	327	33.9%
Panic/Anxiety Attacks	328	25.0%
Starved Yourself to Loose Weight	327	5.8%
Binge Eating/Forced Vomiting	328	3.4%
Attempted to Kill Yourself	328	12.2%

## LIFETIME STRESSORS

The most frequently mentioned lifetime stressors were: separation of parents (36.6%), death of a close friend (35.5%), and divorce of parents (34.7%).

Stressor	Number of Cases	Percent With Stressor
Death of a Parent	316	10.8%
Death of a Sibling	318	8.5%
Death of a Close Friend	318	35.5%
Divorce of Parents	317	34.7%
Separation of Parents	317	36.6%
Remarriage of Parent	316	17.7%

## PAST YEAR STRESSORS

The most commonly mentioned past year stressors included: loss of a close friendship (40.3%) and serious family financial problems (27.6%)

Stressor	Number of Cases	Percent With Stressor
Serious Family Financial Problems	319	27.6%
Serious Injury to Self	320	15.0%
Serious Illness in Self	319	7.2%
Loss of Close Friendship	320	40.3%

## SELF PERCEPTIONS

The most positive perceptions, based on the 'Usually' category were: parents' love, friends' respect for them, respect for themselves, take care of self physically, and parents' respect for them.

Self Image	Rarely	Sometimes	Often	Usually
Do You Take Care of Yourself Physically?	3.7%	14.6%	23.8%	57.9%
Do You Like the Way You Look?	6.5%	22.5%	23.1%	47.8%
Do You Consider Yourself Attractive?	9.6%	32.9%	23.9%	33.5%
Do You Respect Yourself?	3.1%	12.7%	25.3%	59.0%
Are You Ashamed of Yourself?	67.9%	22.2%	4.9%	4.9%
Do You Hate Yourself?	82.0%	13.0%	2.5%	2.5%
Do You Feel Like Killing Yourself?	87.8%	9.3%	1.9%	1.0%
Do Your Parents Respect You?	4.3%	17.6%	29.0%	49.1%
Are Your Parents Ashamed of You?	70.2%	21.0%	4.1%	4.7%
Do Your Friends Respect You?	2.2%	8.4%	32.5%	57.0%
Do Your Parents Love You?	0.6%	5.9%	13.6%	79.9%

## RELIGIOUS INVOLVEMENT

Most (59.7%) of the clients had formal religious training.

Have You Had Any Formal Religious Training?	Number of Cases	Percent
Yes	191	59.7%
No	129	40.3%

Only about one-third (31.7%) of the clients attended religious services within the last month.

How Long Since You Attended a Religious Service?	Number of Cases	Percent
Over a Year Ago	136	43.6%
Within Last Year	77	24.7%
Within Last Month	99	31.7%

Only 16.3 percent of the clients reported attending religious services weekly.

How Often Do You Typically Attend Religious Services?	Number of Cases	Percent
Never	143	44.8%
Several Times a Year	84	26.3%
1-3 Times a Month	40	12.5%
Weekly	52	16.3%

## GENERAL RELATIONSHIPS

The clients had their best relationships with siblings, mothers, and the fathers.

Person	Mostly Fight	Avoid One Another	Get Along	Close	Not Applicable
Mother	5.4%	5.1%	39.5%	45.2%	4.8%
Father	4.0%	14.4%	30.9%	24.8%	26.0%
Stepmother	4.9%	4.6%	8.9%	4.9%	76.7%
Stepfather	2.9%	8.1%	16.0%	5.5%	67.4%
Siblings	3.1%	3.1%	41.7%	45.7%	6.4%

## GENERAL RELATIONSHIPS ADJUSTED (AFTER REMOVING THE 'NOT APPLICABLE' CATEGORY)

The clients had their best relationships with siblings, mothers, and fathers after removing from the analysis the 'not applicable' category. The worst relationships were between clients and their stepfathers and/or stepmothers.

Person	Mostly Fight	Avoid One Another	Get Along	Close
Mother	5.7%	5.4%	41.5%	47.5%
Father	5.4%	19.4%	41.7%	33.5%
Stepmother	21.1%	19.7%	38.0%	21.1%
Stepfather	9.0%	25.0%	49.0%	17.0%
Siblings	3.3%	3.3%	44.6%	48.9%

## INFORMATION FROM ADOLSCENT DISCHARGE FORM

The main problem areas identified were: psychiatric disorder, suicidal ideation, physical abuse, and learning disabilities.

<b>PROBLEM AREAS</b>	<b>Not a problem</b>	<b>Reported Prior to Treatment</b>	<b>Found During Treatment</b>	<b>Undetermined</b>
Psychiatric disorder	77.2%	14.5%	2.2%	6.2%
Learning disability	84.2%	9.0%	1.5%	5.3%
Eating disorder	94.8%	1.2%	0.3%	3.7%
Physical abuse	80.4%	10.4%	4.3%	4.9%
Sexual abuse	82.5%	11.7%	0.9%	4.9%
Suicidal ideation	81.2%	13.8%	1.8%	3.1%

## DISCHARGE STATUS AND REFERRALS

A vast majority (90.5%) of the clients completed the treatment programs.

	<b>Evaluation only</b>	<b>Full discharge - completed program</b>	<b>Behavioral discharge</b>	<b>Discharged against staff advice</b>	<b>Other</b>
Discharge status	1.5%	90.5%	2.7%	0.6%	4.8%

Upon discharge, the most common referrals for living arrangements were: home of parents (69.3%) and group/foster (12.0%) home. Because of multiple referrals, the total sums to more than 100 percent.

	<b>Parental Home</b>	<b>Other relative's home</b>	<b>Halfway house/ extended care</b>	<b>Inpatient CD or psychiatric program</b>	<b>Group home/foster home</b>	<b>Correctional facility</b>
<b>Discharge Referrals/ Residential</b>	69.3%	5.2%	3.6%	2.9%	12.0%	8.1%



## SUBSTANCE USE DURING TREATMENT

Some (15.9%) were caught using substances during treatment.

	Yes	No
Was patient caught using during treatment?	15.9%	84.1%

## DISCHARGE REFERRALS

Aftercare, AA/NA, and individual & family counseling/therapy were the most common post-treatment referrals.

	Aftercare	AA/NA	Alateen/Alanon	Other support group	Individual counseling/therapy	Family counseling/therapy
<b>Discharge Referrals</b>	92.6%	80.7%	2.8%	5.6%	24.3%	17.3%

## FAMILY PARTICIPATION IN TREATMENT PROGRAM

Mothers, fathers, and siblings were the family members most likely to participate in the family segment of the treatment programs.

Family Participation	None	Partial	Full	N/A
Mother	47.9%	26.2%	21.3%	4.6%
Father	66.9%	9.9%	10.8%	12.4%
Stepmother/ parent figure	46.4%	1.3%	0.6%	57.7%
Stepfather/ parent figure	45.9%	2.5%	2.5%	49.1%
Foster parents	38.1%	0.9%	0.3%	60.7%
Other guardian	39.6%	3.2%	1.9%	55.4%
Sister(s)/Stepsister(s)	65.2%	7.5%	1.6%	25.7%
Brother(s)/Stepbrother(s)	67.4%	8.8%	2.2%	21.6%

## **SUBSTANCE ABUSE BY THOSE CLOSE TO CLIENT**

Fathers, mothers, and brothers were most active substance abusers in the families of the clients.

<b>Substance Abuse By</b>	<b>No</b>	<b>Suspected</b>	<b>Yes, Active</b>	<b>Recovering</b>	<b>Not Known</b>	<b>N/A</b>
Mother	46.7%	12.4%	20.7%	9.6%	6.5%	4.0%
Father	25.9%	16.8%	27.4%	7.8%	16.5%	5.6%
Stepmother/ parent figure	24.5%	2.5%	0.3%	1.9%	11.1%	59.6%
Stepfather/ parent figure	23.6%	3.5%	4.8%	3.2%	8.0%	57.0%
Sister	40.9%	9.3%	9.9%	1.9%	12.5%	25.6%
Brother	39.6%	11.1%	14.9%	3.8%	9.3%	20.9%
Other Household Members	27.4%	3.5%	4.1%	1.6%	11.1%	52.2%

## INFORMATION FROM ADOLESCENT FOLLOW-UP FORM

Because the number of persons who were followed-up for 12 months post-treatment is relatively small (n = 139), the follow-up results may be tentative.

### SCHOOL

More than one-half (51.9%) of the clients at the time of follow-up were currently enrolled in junior or senior high school. Some (15.0%) had graduated from high school and others (13.5%) were working on GED's.

	<b>Currently in high school or junior high</b>	<b>Suspended</b>	<b>Expelled</b>	<b>Quit School</b>	<b>Working toward G.E.D.</b>	<b>Graduated from high school</b>	<b>In college or vo-tech</b>
<b>Current School Status</b>	69 (51.9%)	1 (0.8%)	2 (1.5%)	16 (12.0%)	18 (13.5%)	20 (15.0%)	7 (5.3%)

Most (64.6%) of the clients surveyed had plans for returning to or continuing educational pursuits, while some (21.9%) were unsure of their education plans.

	<b>Yes</b>	<b>No</b>	<b>Not Sure</b>
<b>Do you plan to return to school or continue education over the next year?</b>	62 (64.6%)	13 (13.5%)	21 (21.9%)

## COMPARATIVE RESULTS – PRE AND POST-TREATMENT

For all persons completing treatment, the clients were caught an average of 0.08 times at school for using alcohol during the past year. This was an improvement from the year prior to treatment in which the study participants were caught an average of 0.4 times. As expected, those abstinent were not using and therefore, not caught using alcohol or drugs at school.

	<b>History Form Before Treatment</b>	<b>Follow-up Form After Treatment</b>
Number of times caught at school for alcohol or drug use in PAST TWELVE MONTHS.	0.4	0.08 (0.0)

The number in parentheses ( ) refers to persons who were abstinent during the follow-up period.

The most common problems encountered at school in the year following treatment were: being placed on probation, suspended, and being sent to the principal. The year before entering treatment all of the below listed discipline problems were much greater with over one-half (50.8%) of the clients being sent to the principal and 37.4 percent being placed on probation. Clients who were abstinent had significantly fewer discipline problems. There were substantial decreases (37.5% to 88.2%) in discipline problems in each of the six areas (sent to principal, family conference, suspensions, expulsion, being placed on probation, other) measured between the 'before' and 'after' treatment time periods.

<b>During the twelve months, have discipline problems in</b>	<b>Before Treatment All Clients</b>	<b>After Treatment All Clients</b>	<b>After Treatment Abstinent</b>	<b>Percent Improvement All Clients</b>
Being sent to principal/dean	63 (50.8%)	13 (11.4%)	3 (6.5%)	77.6%
A family conference	25 (20.2%)	6 (5.3%)	1 (2.2%)	73.8%
A suspension	36 (29.3%)	15 (13.2%)	3 (6.5%)	54.9%
An expulsion	8 (6.5%)	5 (4.4%)	1 (2.2%)	32.3%
Being placed on probation	46 (37.4%)	17 (14.9%)	4 (8.7%)	60.2%
Other (specify)	17 (13.9%)	2 (1.8%)	1 (2.2%)	87.1%

## EMPLOYMENT

The clients worked 11.8 hours per week during the school year before treatment and averaged 13.6 hours after treatment.

	<b>Before Treatment</b>	<b>After Treatment</b>
During the school year, number of hours per week worked at a job	11.8	13.6

Most of those working did not report many problems at work. Of those with problems, the most frequent situations were: absence or tardiness from work, poor performance, and loss of job. After treatment, clients were 2.0 times less likely to be absent or late and 1.7 times less likely to have poor performance due to alcohol or drug use. Those who were abstinent reported significantly better results.

<b>Work problems related to alcohol or drug use in following areas</b>	<b>Before Treatment</b>	<b>After Treatment</b>	<b>Abstinent</b>
Poor performance	11 (8.9%)	4 (5.1%)	1 (3.2%)
Absence or lateness	22 (17.9%)	7 (9.0%)	1 (3.2%)
Warning from employer about use	1 (0.8%)	0 (0.0%)	0 (0.0%)
Loss of a job	9 (7.3%)	6 (7.7%)	2 (6.5%)

## HEALTH HISTORY

This group of persons did not report frequent medical problems during the past year. Most of the medical treatment received related to chemical dependency issues.

<b>Number of times or days medical treatment or services were received for the following:</b>	<b>Before Treatment Number of Times</b>	<b>After Treatment Number of Times</b>	<b>Before Treatment Number of Days</b>	<b>After Treatment Number of Days</b>
Inpatient CD evaluation	0.21	0.19 (0.09)	0.24	1.65 (0.20)
Outpatient CD evaluation	0.93	0.21 (0.15)		
Inpatient CD treatment	0.05	0.18 (0.09)	3.31	5.28 (3.02)
Outpatient CD treatment	0.47	0.42 (.30)		
Detox Center	0.04	0.04 (0.02)	0.12	0.22 (0.09)
Hospital Detox	0.04	0.01 (0.00)	0.09	0.01 (0.00)
Hospital medical admission	0.02	0.14 (0.13)	0.37	0.18 (0.22)
Inpatient psychiatric treatment	0.13	0.10 (0.00)	0.51	1.16 (1.83)
Outpatient psychiatric treatment	0.27	1.40 (0.98)		
ER visit for suicide attempt	0.06	0.05 (0.04)		
ER visit - accidental overdose	0.06	0.03 (0.00)		
ER visit for illness/injury	0.59	0.28 (0.22)		

The number in parentheses ( ) refers to persons who were abstinent during the follow-up period.

There were significant reductions in the number of visits to doctors' offices after treatment. Before treatment there were 2.2 times more office visits for illnesses compared to the post-treatment visits for those who were abstinent.

<b>During the past twelve months, number of office visits made to the doctor for:</b>	<b>Before Treatment: Number of Visits</b>	<b>After Treatment: Number of Visits</b>	<b>Abstinent</b>
An injury	0.65	0.53	0.65
An illness	2.20	1.22	0.98

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	<b>Before Treatment: Number of Visits</b>	<b>After Treatment: Number of Visits</b>	<b>Abstinent</b>
During the past twelve months, number of office visits made to any other health professionals (e.g., physical therapist, chiropractor, nurse, etc.)	2.07	2.68	3.04

## ARRESTS

There were significantly fewer arrests (3.6 times fewer misdemeanor arrests and 2.0 times fewer felony arrests) in the 12-month period following treatment than there were in the year preceding treatment. Neither group (non-users or users) reported many arrests.

	<b>Before Treatment: Number of Arrests</b>	<b>After Treatment: Number of Arrests</b>
Misdemeanor arrest	2.00	0.55
Felony arrest	0.18	0.09

	<b>Before Treatment: Number of Arrests</b>	<b>After Treatment: Number of Arrests</b>
In past twelve months, number of times ticketed or arrested for possession or use of alcohol	1.29	0.68
In past twelve months, number of times ticketed or arrested for possession or use of drugs	0.44	0.11

During the twelve months following treatment, there was a significant drop (81.6% fewer status offenses and 91.3% fewer out of control petitions) in the number of arrests for status offenses and the number of out of control petitions filed by parents or guardians.

	<b>Yes Before</b>	<b>No Before</b>	<b>Yes After</b>	<b>No After</b>
Arrested for status offense in past twelve months	29(23.4%)	95(76.6%)	5(4.3%)	111(95.7%)
Out of control petition filed by parent or guardian in past twelve months	23(18.3%)	103(81.7%)	2(1.6%)	121(98.4%)



## PLACEMENT AFTER ARREST – FOLLOW-UP FORM

The most common placements as a result of arrests were: put on probation, placed in juvenile correction's facilities, and given an informal hearing. Those who were abstinent had significantly fewer placements in the past twelve months, which can be attributable to their lower arrest rates.

<b>As a result of an arrest in the past twelve months, they were:</b>	<b>Yes</b>
Put into a detox center	1 (1.2%)
Given an informal reprimand	10 (11.5%)
Given an informal hearing	16 (18.4%)
Put on probation	24 (27.6%)
Required to make restitution	13 (14.9%)
Put in a detention center	15 (17.2%)
In jail overnight	11 (12.6%)
In and out of home placement	5 (5.8%)
Place in a juvenile corrections facility	17 (19.5%)
Given a jail sentence	8 (9.2%)
Certified as an adult or waived into adult court	8 (9.2%)

A few of those in this follow-up study had current charges pending for status offenses or misdemeanors.

<b>Current Charges Pending for:</b>	<b>Yes</b>
Status offense	3 (2.3%)
Misdemeanor	8 (6.2%)
Felony	0 (0.0%)

## CURRENT SUPERVISION: FOLLOW-UP STUDY

Twelve months after treatment about one-fourth (26.9%) were under supervision of a probation officer, and a few (9.2%) were supervised by social workers.

Currently under the supervision of:	Yes Responses
A probation officer	35(26.9%)
A social worker	12 (9.2%)

## VEHICLE

More than one-half (61.7%) of those surveyed had valid driver's license at one-year post treatment and some of these had licenses revoked or suspended.

	Yes Responses
Ever had a valid driver's license	82 (61.7%)
In the past twelve months, license has been suspended or revoked in the past twelve months	23 (18.7%)

Very few were involved in motor vehicle accidents, but there were significantly fewer (about 50 percent less) accidents during the follow-up period.

	Mean Number History Form	Mean Number Follow-up Survey
In the past twelve months, number of accidents while driving under the influence (cars/motorcycles/snowmobiles, etc.)	0.14	0.08
As a passenger, number of moving vehicle accidents during the past twelve months	0.48	0.25

## SUBSTANCE USE

Alcohol and marijuana were the most frequently used substances during follow-up. Cigarette use was very common with 70.2 percent indicating some usage and 58.0 percent using daily.

Substance	Not used	Less than once per month	1-3 times per month	Weekly	Daily	Freq. unknown
Alcohol	43 (32.3%)	32 (24.1%)	15 (11.3%)	16 (12.0%)	7 (5.3%)	20 (15.0%)
Marijuana/Hashish	87 (64.9%)	14 (10.5%)	5 (3.7%)	9 (6.7%)	6 (4.5%)	13 (9.7%)
Sedatives/Barbiturates (sleeping pills, downers)	126 (94.0%)	2 (1.5%)	2 (1.5%)	4 (3.0%)	0 (0.0%)	0 (0.0%)
Stimulants/Amphetamines (uppers, speed)	129 (96.3%)	2 (1.5%)	1 (0.8%)	2 (1.5%)	0 (0.0%)	0 (0.0%)
Tranquilizers (Valium, Librium, Ativan, Xanax)	132 (98.5%)	0 (0.0%)	1 (0.8%)	1 (0.8%)	0 (0.0%)	0 (0.0%)
Hallucinogens (acid, LSD, PCP, dust, crystal)	128 (95.5%)	3 (2.2%)	2 (1.5%)	1 (0.8%)	0 (0.0%)	0 (0.0%)
Painkillers (Demerol, Talwin, Darvon, Codeine)	129 (96.3%)	2 (1.5%)	2 (1.5%)	0 (0.0%)	0 (0.0%)	1 (0.8%)
Opiates (Morphine, Heroin, Dilaudid)	132 (98.5%)	1 (0.8%)	1 (0.8%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Cocaine (Crack)	127 (94.8%)	5 (3.7%)	1 (0.8%)	0 (0.0%)	0 (0.0%)	1 (0.8%)
Inhalants (glue, paint, gasoline)	131 (97.8%)	1 (0.8%)	1 (0.8%)	1 (0.8%)	0 (0.0%)	0 (0.0%)
Over-the-counter (diet pills, etc.)	126 (94.0%)	3 (2.2%)	1 (0.8%)	2 (1.5%)	2 (1.5%)	0 (0.0%)

	Daily	Occasionally	No
Smoke cigarettes	76 (58.0%)	16 (12.2%)	39 (29.8%)

## SUPPORT GROUPS

Participation in support groups was not a major part of the post-treatment experience for many.

Support Group	Never Went	Stopped Going	Attend Once Per Month or Less	Attend two-three Times Per Month	Attend Weekly	Attend two-three Times Per Week
AA/NA	57(43.2%)	42(31.8%)	7(5.3%)	2(1.5%)	14(10.6%)	10(7.6%)
Alateen/Alanon	123(93.2%)	7(6.3%)	0(0.0%)	0(0.0%)	1(0.8%)	1(0.8%)
Other Self-Support Group	125(93.3%)	3(2.2%)	0(0.0%)	0(0.0%)	4(3.0%)	2(1.5%)

## AFTERCARE PROGRAM

About one-half (51.9%) of the persons in this follow-up group attended some CD Aftercare. There was very little participation in other aftercare programs.

Type of Program	Never Went	Stopped Going	Attend Once Per Month or Less	Attend two-three Times Per Month	Attend Weekly	Attend two-three Times Per Week	Completed
CD Aftercare	64(48.1%)	18(13.5%)	2(1.5%)	0(0.0%)	17(12.8%)	2(2.3%)	29(21.8%)
Individual Therapy/ Counseling	94(71.2%)	10(7.6%)	4(3.0%)	3(2.3%)	11(8.3%)	1(0.8%)	9(6.8%)
Family Therapy/ Counseling	108(81.2%)	7(5.3%)	9(6.8%)	1(0.8%)	4(3.0%)	0(0.0%)	4(3.0%)
Other	127(97.7%)	1(0.8%)	0(0.0%)	0(0.0%)	1(0.8%)	0(0.0%)	1(0.8%)

## **FACTORS RELATED TO SUCCESS FROM HISTORY FORM**

Based on the statistical analysis of the information on 139 clients who were surveyed with a follow-up instrument, the following factors were found to be predictive of success (i.e., did not use substances during follow-up period):

### **History Form**

- ◆ The completion of a previous treatment program was related to substance use. Those completing their last chemical dependency program were less likely to use substances during the follow-up period.
- ◆ Clients who had been expelled from school in the year prior to entering treatment were more likely to use substances during the follow-up period than were those not expelled from school.
- ◆ Clients who moved in the year before entering treatment were more likely to use substances during the follow-up period than were those who did not move.
- ◆ Those who had higher self-images were less likely to use alcohol or drugs than were those with lower self-images.
- ◆ Clients who had informal hearings in the year before current treatment were more likely to use substances during follow-up than were those without informal hearings.
- ◆ Clients who were jailed during the year prior to treatment were more likely to use substances during follow-up than were those not jailed.

## **FACTORS RELATED TO SUCCESS FROM FOLLOW-UP FORM**

Based on the statistical analysis of the information on 139 clients who were surveyed during follow-up, the following variables were predictive of success (i.e., did not use substances during follow-up period):

### **Follow-up Form**

- ◆ Clients with significant medical problems were more likely to use substances 12 months post treatment than were those with fewer medical problems.
- ◆ Clients placed in detention facilities were more likely to use substances than were those not placed in detention during the follow-up period.
- ◆ Clients involved in vehicle accidents were more likely to use substances than were those not involved in vehicle accidents.
- ◆ Clients with misdemeanor arrests were more likely to use substances than were those not arrested.
- ◆ Clients transferred to adult courts were at high risk for using substances during the follow-up period.
- ◆ Clients who rated the treatment programs high were less likely to use substances.

## RATINGS OF PROGRAM BY PARTICIPANTS

The clients rated four agree/disagree questions concerning the treatment programs they completed. In general, the clients had high ratings of the treatment programs.

A majority (73.6%) of the clients completing the follow-up interview agreed that it was a good program.

A high proportion (81.6%) agreed with the statement that the counselors were helpful.

About three-fourths (77.4%) of those completing the follow-up survey felt they learned much from the treatment program.

Most (76.6%) of the clients indicated that they would recommend the program to other people, while some (12.1%) were not sure if they would or not.

<b>Treatment Program Ratings</b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Not Sure</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
It was a good program.	56(44.8%)	36(28.8%)	21(16.8%)	6(4.8%)	6(4.8%)
The counselors were helpful.	72(57.6%)	30(24.0%)	15(12.0%)	0(0.0%)	8(6.4%)
I learned much.	60(48.4%)	36(29.0%)	19(15.3%)	4(3.2%)	5(4.0%)
I would recommend the program to other people.	65(52.4%)	30(24.2%)	15(12.1%)	6(4.8%)	8(6.4%)

## OPEN-ENDED QUESTIONS

These comments were taken from those completing the follow-up form that was administered 12 month post-treatment. To date, 139 persons have completed the follow-up survey.

What did you like best about the Alcohol and Drug Treatment Program?

- Counselors (20 responses)
- Talking, sharing (13 responses)
- Information, knowledge (11 responses)
- Group sessions, discussions (9 responses)
- Nothing (8 responses)
- Interaction with other clients (7 responses)
- Staff (6 responses)
- It was helpful (6 responses)
- Environment/comfortable setting (5 responses)
- Somebody that listens to me (5 responses)
- One on one (5 responses)
- People with similar problems (4 responses)
- Videos/movies (2 responses)
- Learned about myself (2 responses)
- AA has helped (1 response)
- Abstinence (1 response)
- Being away from friends (1 response)
- Comprehensive, thorough (1 response)
- Dealing with issues (1 response)
- Getting up early (1 response)
- Got close to mom (1 response)
- Hugs (1 response)
- Kept me out of JC (1 response)
- Rewards (1 response)
- Support from everyone (1 response)
- Family part (1 response)
- Discipline (1 response)
- It was interesting (1 response)
- Learned about consequences (1 response)
- Could be honest with myself (1 response)



**What, if anything, about the program do you think needs to be changed?**

- Nothing (52 responses)
- Rules, strictness (6 responses)
- Everything (3 responses)
- Bad timing/time it is held (2 responses)
- More structure (2 responses)
- Too many hours/too long (2 responses)
- Update videos (2 responses)
- Aftercare counselor (1 response)
- Better counselors (1 response)
- Cost (1 response)
- Disciplinary system (1 response)
- Discuss issues that lead to substance abuse (1 response)
- Discuss other problems in life (1 response)
- Don't know (1 response)
- Drug use during treatment (1 response)
- Food (1 response)
- Getting up at 6:30 (1 response)
- Male & female communication (1 response)
- Mandatory parental support (1 response)
- More family interaction (1 response)
- More freedom for good things done (1 response)
- More one on one counseling (1 response)
- Should be optional (1 response)
- Staff (1 response)
- Too boring (1 response)
- Too pushy (1 response)
- Too repetitive (1 response)
- Wear uniforms (1 response)
- More activities (1 response)
- Use different teaching methods (1 response)
- More community involvement (1 response)
- The way people introduce themselves (1 response)